



# Good Reasons to Stop Smoking

Smoking has a direct impact on your health. In the tables below are some reasons to quit smoking, which are tailored to specific groups. You can discuss which group(s) you fall into and which reasons are the best ones for you with your doctor. In any case, there are a lot of good reasons to quit smoking!

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<i>Asymptomatic Adults</i>	Twice the risk of heart disease Six times the risk of emphysema Ten times the risk of lung cancer 5-8 years shorter life span Cost of cigarettes Cost of sick time Bad breath Less convenient and socially unacceptable Wrinkles
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<i>Pregnant Women</i>	Increased rate of spontaneous abortion and fetal death Increased risk of low birth weight
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<i>Symptomatic Adults may suffer from more</i>	Upper respiratory infections Cough Sore throats Shortness of breath Ulcers Angina (chest pain from heart disease) Claudication (pain from clogged arteries) Osteoporosis Esophagitis Gum disease
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<i>Parents</i>	Increased coughing and respiratory infections among children of smokers Poor role model for child: You are teaching your child to smoke
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## Benefits from Smoking Cessation

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<i>New Smokers</i>	Easier to stop now Money saved by stopping Feel better
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<i>Any Smoker</i>	Improved ability to exercise May live long enough to enjoy retirement, grandchildren, etc. May be able to work more, with less illness
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<i>Long-Term Smokers</i>	Decreased risk of heart disease and cancer if you stop
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<i>Family History of Heart Disease, Cancer, etc.</i>	Risk of death increased even more by smoking
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<i>Rewards of Quitting Smoking</i>	Improved health Food will taste better Improved sense of smell Save money Feel better about yourself Home, car, breath will smell better	Can stop worrying about quitting Set a good example for kids Have healthy babies and children Not worry about exposing others to smoke Feel better physically Freedom from addiction Perform better in sports
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